



THE LION'S TALE

THE MONTHLY NEWSLETTER OF THE STAINLAND LIONS ROAD RUNNERS

""THE ROAD GOES ON FOR EVER""

APRIL 2006



Comments from the Chair

Firstly congratulations to Steve , Geoff and Granville on successfully completing the Rome marathon, you all worked hard to get in shape. (John Lennon airport now does a good deal in reclaimed grundies I am told)

LONDON MARATHON:

On behalf of the club I am sure I am correct in saying we all wish you well. I know some of you have done it before, however I am led to believe we have a lot of members running their first marathon, remember it is not a sprint, just go out and enjoy the day.

TRAINING SESSIONS:

Tuesday

Now the lighter nights are here the general format is that on Tuesday's one group always goes off road, circa 7-8 miles (Medium Fast)

The next group can vary their route normal a mixture of on and off road, generally out for an hour / hour 15 mins

We then have a slower group who as a rule stick to the road.

As a club we try to encourage everybody to try some off the road running, yes it is hard but when you get used to it, the rewards are greater, not to mention the beautiful scenery. so lets have a few more joining in.

Thursday

Again very much like Tuesday, but tends to be a bit more on the road than off depending on the weather.

Last month I mentioned that we would be starting some long off the road runs if any body was interested, I will put the date on the forum.

Subscriptions are now OVERDUE. Currently we have 129 paid up members, I notice that we have a lot of regular runners who have still not paid. If we can get all the subs in, we can then allocate funding for various events. So please lets have them all in by the end of April, after that I am told the Forum will only be available to paid up members.

Finally, there are one or two notable events coming up in the next few months.

In June we hold our infamous PUB RELAY followed by a Barbecue and this year a mini Olympics for the kids and parents.

Hope to see you all at the club, I hope I can recognise you all now the nights are light.

Colin

Club Night Meeting Minutes

Thursday April 6th 2006

at Heath Rugby Club (revised version 12.04.06)

Committee Members Present: Colin Hughes (Chair); Richard Fawthrop; Eileen Hiller (Secretary) Steve Knight (Men's' Captain) Geoff Matthews (Vice-Chair); Ben Mounsey (Cross Country 2006) Diane Rafferty (Beginners) Chris Walker (Social Secretary)

Apologies: Linda Murgatroyd (Treasurer) Gayle Benson (Ladies Captain);

1. Heath Update

Colin reported on a positive meeting held with the Heath Committee on March 20th. Heath are keen to encourage the running club to integrate as fully as possible. It was agreed that projected use of the clubhouse should be emailed to Peter Burton by the secretary and the running club have agreed to pay a sum of £500 to Heath for 2006

Projects currently under consideration by the Heath Committee include expansion of the clubhouse to incorporate better showering facilities and a new access to the club from the other side of North Dean Garage.

Heath are seeking funding for this from the RFU and would welcome any grants the Stainland Lions could bring to the project from the Athletics Association. Colin is pursuing this with Christine Monaghan of the AA.

2. Membership – Unpaid subscriptions.

Subscriptions were due by the end of March, but only 129 members had so far paid. The implication is that a lot of people are running with the club who are not paid up members

The committee will consider the date after which only paid up members will be allowed access to the forum at the meeting on Wednesday April 12th.

3. Membership List

Linda and Eileen will update the NEAA membership list on Monday the 10th April. Those members who have not paid are to be contacted to ask if they wish to continue with membership, before it is cancelled with the NEAA.

4. Beginners Course

This is to begin on **Wednesday 26th April** at 6.30pm at Heath and continue for 6 weeks. Fitness First will attend on the first evening to give advice on nutrition etc. Diane handed out posters for publicity and Brian agreed to arrange for an article in the Courier. Information should be sent to him at brian.coates @ halifaxcourier.co.uk.

Members who have volunteered to help are asked to wear Stainland Lions Vests.

5. Cross Country 2006/7

Ben had attended a West Yorkshire Cross Country meeting and reported that all of the last season's races had been successful except for Bramley Park, which was short of marshals. The Lions event had been well received, particularly the river crossing!

Suggestions for next season included that 4 out of the 5 races could be considered for prizes and that fewer trophies would be awarded to reduce costs.

A summer event is to be held, the Washbourne Valley Relay (near Otley) on the 14th July. The Skipton Canal relay has been deferred until 2007. A timetable of events for the next few years has been devised and will be put on the web site. Stainland Lions have no events to organise this year. (Canny Ben!)

6. Bluebell Trail – 7th May

There have been problems of access at the top of Trooper Lane, but the contractors have promised this will be back to normal in a few weeks time.

90 entries have been received so far in the post and entries are also being received via the Runners' World website and the John Schofield's website. Entry forms have been provided in several running shops including Up and Running in Huddersfield.

Alan G has approached all of the following: NEAA for a permit; British Waterways re the river crossing; Calderdale Council; Police; St John's Ambulance and a preview of the course has been done.

Sponsorship in the form of goody bags has been received from Fitness First ; Up and Running in Huddersfield have provided the numbers and Paul has agreed to provide sandwich bags for the runners. Avril is organising the catering at the Heath clubhouse. Prizes are yet to be obtained.

The major concern is for sufficient marshals – 43 will be needed on the day. Alan agreed to devise a list to go onto the website so that gaps are highlighted for volunteers to fill. Diane Waite has agreed to be the head marshal and there will be section head marshals appointed to coordinate each section.

7. Social Events

7.1 Night out on the 28th April from the Head of Steam in Huddersfield to celebrate the London Marathon.

7.2 Bacon Butty 10 mile run on 14th May at Longdendale Reservoir.

7.3 A Pub Relay is to be held on 17th June, followed by a junior knockout/sports day followed by a barbecue. Trevor Murgatroyd is to be approached re organising the barbecue.

7.4 The Summer Handicap will be on Thursday 6th July, to be followed by a social evening.

7.5 There is an ABBA tribute night on the 2nd June at the Ritz in Brighouse, a link to be put onto the forum.

7.6 A weekend trip to Gateshead is planned for the 10th/11th June, including a night out in Newcastle on Saturday followed by a visit to the athletics on Sunday. Details to go onto the forum.

7.7 A trip to York Races has been suggested on the 15th July.

Bluebell Trail

8. Injury Prevention

A physiotherapist, Charlotte Stead, is to attend a members open session meeting on May 4th to advise on injury prevention. Discounts for treatment are available for members; an introductory session is £25 followed by £15 for each half hour session. Charlotte is highly recommended by Lynne Davies and Geoff Mathews.

It was agreed there would not be a business meeting that evening.

9. A.O.B.

9.1 Sunday Runs - It was suggested times and length of route should be put onto the forum

9.2 New Stainland 7. A review has been done of the 7.5 mile route. Various suggestions were made for the name, including: the Scenic Stainland 7; the Stainland Scam and the Stainland Scamper.

9.3 Halifax Harriers Quiz night

This has been planned to raise funds for the new race track

9.4 Rome Marathon - Colin congratulated the triumphant trio

9.5 London Marathon – Colin gave his best wishes to all competing and the meeting was closed.

Eileen Hiller April 2006

Marshal Stations

The response so far, for the call for Marshals has been excellent, we need another six-nine volunteers and we will have a full complement of Marshals.

Thank you, to all those who have stepped forward, it is greatly appreciated, the off road nature of the course means we can lose runners on every twist and turn, the marshalling efforts make this race.

Published in this newsletter are the Marshalling Stations and responsibilities for The Bluebell Trail 10, on the Sunday 7th May 2006, we appreciate your input and we would like you to have the opportunity to familiarise yourselves with the respective marshalling stations and day responsibilities. We have tried to comply with requests for specific marshal stations and where possible people have the same station as the previous year.

All marshals need to report into Heath RUFC between 8:00-8:30am, to collect the race furniture - tape, signs etc. Please, report into Diane Waite, Chief Marshal.

Thanks once again for your participation

Alan Gibson



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Captains Log

Road & Trail Races:

11.3.06 - Dent 14 mile

Another great turn out for the club, 35 Stainland runners which made up 10% of the field. The 14-mile annual road run attracted well over 400 runners from all over the north of England and beyond. The Dentdale Run has a reputation for being one of the toughest yet most enjoyable running events in Cumbria.

We had some great results with, Diane, Sam, Linda who got 1st ladies team, well done girls! Also Congratulations to Eileen who got 1st lady, F55!

Pos

26 Paul Biddulph 1:34:08
70 Geoff Matthews 1:42:24
71 Mark Preston 1:42:30
75 Ian Thornham 1:43:04
88 Chris Walker 1:45:18
93 Colin Hughes 1:46:22
96 Steve Turner 1:47:11
139 Simon Hogan 1:53:00
148 Ansar Farook 1:53:53
168 Richard Fawthrop 1:56:25
183 Linda Murgatroyd 1:58:19
189 Diane Waite 1:58:58
190 David Waite 1:58:58
195 Samantha Whitwam 1:59:42
232 Angela Fawthrop 2:05:40
243 Eileen Mary Hiller 2:07:03
248 Susan Manning 2:08:02
249 Nigel Hippins 2:08:02
251 Susan Siddall 2:08:44
281 Chris Tetlow 2:14:34
285 Paul Wallis 2:14:57
297 Jonathan Taylor 2:17:54
304 Mick Blaylock 2:20:17
305 Catherine Mellor 2:20:34
307 Patricia Pitts 2:21:15
309 Karen Hirst 2:22:05
311 Grenville Turner 2:22:48
313 Phillip Stapley 2:23:25
316 Lesley Henderson 2:24:00
332 Liz Smithies 2:31:36
334 Penelope Fleming 2:34:24
339 Julia Newsome 2:39:39
340 Granville Hall 2:39:40
343 Helen Margaret Learoyd 2:40:01
345 Alison Adams 2:42:26

11.3.06 - Liverpool Half Marathon

A team of three ladies from Stainland ran the Liverpool Half Marathon. Jacqueline Northern reports, it was tough going towards the end but there was a great spirit and atmosphere. Liz and Jacqueline completed in 1.54.30 & Rosie in 2.34. I don't think this will be our last half marathon - roll on the next one! Well done ladies!

26.3.06 Rome Marathon (Report Steve Turner)

It didn't start well for any of us, Granville had his dodgy knees, Geoff had a dodgy ankle and I'd picked up a cold.

Race day was quite cool to start with and the course was very flat. The cobbles were not really an issue except for about a mile or so.

We were held up in traffic at the start, there were reportedly 12,000 runners. Granville got a good start (Geoff and I only caught him at about 13miles!!). I was on 3.30 pace until about 16 miles in (see Trevor I did try) after which the combination of my cold and sun coming out took its toll. It felt like I was breathing through a straw for the last 6 miles. It really got quite hot towards the end and we all got sun burnt.

In summary, Geoff 3:38, Steve 3:54, Granville 4:08. Well done to the triumphant trio!

2.4.06 Wilkinson Ackworth Half Marathon

A scenic and fairly testing course, a good challenge for all types of runner, with a few hills on the way.

Pos

444 Jimmy Smith 1:51:44

2.4.06 Baildon Boundary Way Half Marathon

Multi-terrain with hills after 2 miles and then again at 8 & 9 miles with a flat section in the middle. Not a race to challenge your pb but certainly a race where you can admire the beautiful scenery.

Pos

252 Paul Bainbridge 02:17:21

8.4.06 Meanwood Trail 7.5m

A great turnout for Stainland at this year's Meanwood Trail. Congratulations to Naomi Sharratt who finished 1st for Stainland and 3rd in her category F35, well done Naomi! Also congratulations to Lesley Henderson for finishing 3rd in her category F55, well done Lesley!

Pos

66 Naomi Sharratt 55.00
67 Ian Thornham 55.12
108 Richard Fawthrop 59.24
113 Mark Preston 60.00
117 Steve Turner 60.07
118 Nigel Higgins 60.13
136 Ansar Farook 61.39
141 Chris Gooder 61.55
149 Simon Hogan 62.33
155 David Waite 63.07
173 Lorraine Naylor 64.48
186 Clive Siddall 66.25
200 Linda Murgatroyd 67.29
201 Trevor Murgatroyd 67.30
207 Alan Gibson 68.07
216 Paul Wallis 69.11
232 Angela Fawthrop 70.45
246 Alan Lashbrook 71.55
252 Melanie Rainford 72.19
253 Jacqueline Northern 72.19
265 Susan Manning 73.55
267 Diane Waite 74.09
291 Jonathon Taylor 79.09
302 Carol Lord 80.42
305 Lesley Henderson 80.54
316 Judith Greenwood 82.49
317 Helen Learoyd 82.53
337 Julia Newsome 106.02
338 Avril Smith 115.40

9.4.06 Wakefiled Hospice City 10K (Thornmes Athletics Park Stadium)

A fast and flat course.

Pos

204 Michael Balmforth 42.49

23.4.06 London Marathon

Good luck to everyone doing the London Marathon! Look forward to hearing the results.

Forthcoming Events

16.4.06 Guiseley Gallop Leeds 10k Runners World
22.4.06 Hawkshead Trail Race 15K
23.4.06 London Marathon
30.4.06 3 Peaks Marathon
30.4.06 Rothwell 10K
30.4.06 Calderdale Duathlon
7.5.06 Bluebell Trail
21.5.06 Sandal Castle 10K

Fell Races:

11.3.06 - Pendle (Report by Naomi Sharratt)

Half Tour of Pendle on Saturday 11th saw a solitary Stainland entry (Naomi) come in 141st out of a field of 237 finishers, although 10th lady sounds marginally better. Given the race clashed with the Dent Grand Prix race there were never going to be many Stainland faces there. If you like running off road its certainly one to bear in mind for next year. 9 miles, very scenic, couple of decent climbs, plenty of runnable fell and a final climb where you slide down as much on the ascent as you do on the descent thanks to the soft peat underfoot.

11.3.06 - Wuthering Hike Hobble (Report by Claire (& Ian) Wood)

Although I haven't been running for long I know that without a goal for the New Year it is difficult to step out of your warm house and into a freezing cold, dark night with the rain sleeting down in order to rain. My winter motivation went as follows:-

January – 4 villages half marathon (13.1 Miles on-road)

February – Wadsworth Trog (20 miles off-road)

March – Haworth Hike aka Hobble (31 miles off-road)

So you see there was a plan – method in my madness.

It all started so well with a new PB in January for the half. The Trog in February unfortunately didn't come off as my running buddy, Mary was injured and I didn't want to run without her (partly because we were a team – in it together and all that but mainly because I bow to her far superior navigational skills and would probably have got lost!) By this stage my plan had involved considerable off-road training and having lots of miles under my belt. Ha! And here's the 'but'.....But I have a three and a five year old who, despite it crossing my mind, I cannot leave unsupervised watching Scooby Doo whilst I go for a long run! The long and short is I go into the 31 mile off-road run having done a maximum training run of 15 miles.

The race forms part of the Montrail ultra-marathon series – competitors must enter 3 off-road races – one short, one medium and one long – worryingly this was a short one! This year was the first that the organizers have allowed the course to be run as a race for individuals. For my part, support was needed so Ian and I started the race as a team. Would we still be happily married by the end of it?

The course itself is interesting – mainly because it is soooooo blooming long that, by design, you pass over varied terrain. It starts in Oxenhope and is a huge loop taking in Withins, Walshaw Dene, Widdop, Hirstwood, Long Causeway, Todmorden, Stoodley Pike, Heptonstall, New Bridge and Top O'Stairs. The conditions were cold and overcast and recent downpours meant it was very boggy and wet underfoot. As all off-roaders know this makes for a more difficult and slower race, Oh... and stinking bog socks that never come clean! The long rolling hills at the beginning of the course meant that we were both feeling quite comfortable but later, two killer hills (1st up to Stoodley Pike and 2nd up to Heptonstall) took the wind out of my sails. As we dropped down into Todmorden we were slightly unsure of the route and began to go the wrong way. Two women running behind us realised our mistake and took the opportunity to go ahead in the other direction – they didn't bother to let us know and I find this lack of sportsmanship abhorrent (we weren't exactly in any prize-winning positions). You really don't need to do any extra miles when you are already doing 31. Still, the upside is I always find I run much better with a good dose of anger coursing through my veins!!

The funniest and yet most disheartening part of the race came two checkpoints from the end when a Calder Valley finisher came up to Ian asking why he hadn't finished yet – I had to hold my hand up to slowing him down just a teeny bit!

Anyway the moral of my story is that you should never be put off by a distance. Even if you under train, you can still complete the task. My advice is not to set off too fast, walk the hills, stop and have lots of cups of tea en-route and count on your mental strength/stupidity (depending how you see it)

I recommend the run – it is really well organised and the stew at the end is enough to tempt me back next year. Plus, for taking on the challenge, your running mates think you are a demi-god /nutter (again depending how you see it)

P.S. Ian and I are still happily married despite running for nearly seven hours together along sodden terrain – but... we won't be for long if he doesn't put the kettle on and take the bins out soon!

Pos
135 6.53.32 Claire Wood and Ian Wood

Well done to Claire a real trooper! I've got a feeling that Claire has a few more running adventures up her sleeve for this year?

25.3.06 Midgley Moor Fell Race

2 from Stainland Lions turned out, once again Paul Biddulph and Trevor Murgatroyd. The Midgley Moor Fell Race is 5 miles/1250ft. The route is mainly over heather moorland, on and off paths. Previous fell running experience and navigational skills are needed for this race.

Pos
26 Paul Biddulph 49:37
66 Trevor Murgatroyd 1:01:05

19.3.06 - Edale Skyline Race

The Edale Skyline starts at Edale Village Hall, Derbyshire, 21 miles/4500ft at least! Reports from the boys came back as the toughest fell race they've done yet and that comes from some well experienced fell runners! Well done lads another challenge completed, what's next? Darren Sugden retired at 12 miles due to injury.

Pos
62 3.38.41 Jonathan Moore
73 3.41.29 Ian Wood (Caldervalley)
102 3.48.36 Paul Biddulph
159 Toby Underwood 4.20.54

9.4.06 - Kinder Downfall (Report Johnny Moore)

The Kinder Downfall is 10 miles/2500ft. It is held in Hayfield in the Peak District of Derbyshire, about an hours drive away. There are plenty of fell races in this area, notably the Kinder Trog - 16 miles/3490ft 18.6.06. Myself and Paul Biddulph competed on the day. I finished in 55th and Paul in 57th in a field of 300 runners.

The weather was very changeable with a mix of hail, warm sunshine, and sleet! Paul was quick out of the blocks on the climb and we were always within sight of each other. We had a good race, I passed him at around 4 miles but he made up the ground in the last couple of miles with a fast descent. In fact if laughing boy hadn't had a couple of tumbles, he'd probably have pipped me at the post.

30.4.06 3 Peaks Marathon

Good luck to all who are doing the 3 Peaks Marathon, look forward to hearing all about it.

Forthcoming Events

1.5.06 Cragg Vale Fete Fell Race 4 miles 720ft

If anyone is interested in trying a fell race this is a good one to do, 4 miles/720ft. There's a fete on the day which includes stalls, bouncy castle, food, maypole dancing etc. Claire Wood has kindly volunteered to hold some training runs, taking you on routes similar to the race. Training runs will be arranged for Thursday 20th & 27th April, please contact Claire if interested on 01422 886544 or 07899 920211.

14.5.06 Mytholmroyd Fell Race 7 miles 1350ft

23.5.06 Stanhill Fell Race 5 miles

Relays:

Rochdale Canal Relay & Millenium Way Relay, thanks to everyone who has volunteered, I'll get all the names together so we can decide how many teams to enter for both relays.

There are some fell relays happening at the back end of the year so if anyone is really enjoying there off road training and would like to enter a race where mud and clambering up hills is involved then I'll be looking for volunteers for these fell race relays.

We have another idea for a relay in mind, which will involve runners of all abilities and will involve the faster runners teaming up with the slower runners, details of this will follow in the next newsletter.

Editors Closing Comments

April already, where does the time go? Quite a long newsletter yet again but full of important information, especially regarding the Bluebell Trail.

Last month we went out to Lanzerote to see Steve & Debbie. They are both doing really well now that the work is picking up out there, Steve with fitting kitchens etc and Debbie working in an Irish bar. They are coming back in May for a family wedding so I've no doubt they'll come out for a run before they go back.

I'm still struggling getting back into running again, my motivation seems to have disappeared. I managed to get out on Thursday though, went to the clubhouse, forgot it was the away run!! I ran with Ansar some of the way, he was very understanding and kept a nice slow pace for me. He told me about his marathon training & his fundraising for the National Society of Epilepsy, so I thought I'd give it a plug. So if you haven't sponsored Ansar or anyone else from the club doing this years London Marathon, shame on you! Get onto the internet and go to www.justgiving.com and type in the name of the person you wish to sponsor.

Enough preaching for now,

Maggie

Social Events

By Chris



Celebration Night Out

As a congratulation to all those who will have completed the Rome and London Marathons we're holding another night out on Friday 28th April in Huddersfield. Starting at 8pm in the Head of Steam (near Railway) This will also be a good excuse for all those that missed the last one due to the weather to come and join in.

I cant guarantee the weather but I can guarantee you'll have a good time!

See you there

Day at the Races

As many of you know we had a wonderful day last year at Doncaster Racecourse. This time round we have to do it a bit different as Doncaster is now closed until 2007 for redevelopment.

As such I can confirm that we'll instead be going to York Racecourse on Saturday 15th July. For those of you who didn't go last year its a must!

I know its a fair way off yet but I could do with starting to get an idea of numbers - Last year they filled a coach!

Can you please pop me a note on the forum to let me know how many tickets you would like - I will try to get a confirmation of cost asap.

Thanks

Abba Tribute Night

There's an ABBA tribute night on the 2nd June at the Ritz, Brighouse. According to people who've been before it's a really good night out. Its from 8 til 12 and tickets cost £9. I would suggest getting tickets quickly as it sells out within weeks. Box office number is: 01484 720058

For ease and speed I would suggest people organise their own tickets. We can all meet at Wetherspoons first between 7 and 7.45pm.

Can you all let me know if you've got tickets so I can get an idea of numbers coming, thanks. It should be a fun night.

Chris

Pos	Stainland Grand Prix 2006	Jan	Feb	Mar	Apr	May	Jul	Jul	Aug	Sep	Oct	Nov	Dec		(*=dnf)
		Club Winter H/Cap (15th)	Hud-desfield 10k (26th)	Dent (11th)	Mean-wood Trail (8th)	Sand-al Castle (21st)	Joe Percy 10k	Idle Trail Race (16th)	Nor-land Moor Trail (27th)	Ron Hill 67th Birth-day 5K	Hare-wood Trail (8th)	Guy Fawkes (5th)	The Stoop	Events Completed	Points Total
Division 1															
1	Geoff Matthews	17	17	19										3	53
2	Mark Preston	13	16	18										3	47
3	Steve Turner	15	15	14										3	44
4	Chris Walker	-	18	16										2	34
=5	David Waite	12	10	11										3	33
=5	Simon Hogan	11	9	13										3	33
=5	Ian Thornham	16	-	17										2	33
8	Naomi Sharratt	18	14	-										2	32
9	Lee Buckwell	8	19	-										2	27
=10	Clive Siddell	14	-	10										2	24
=10	Ansar Farook	-	12	12										2	24
12	Andrew Brewer	10	11	-										2	21
13	Gavin Dodds	7	13	-										2	20
14	Gayle Benson	19	-	-										1	19
15	Damian Cole	9	8	-										2	17
16	Colin Hughes	-	-	15										1	15
=17	Chris Bottomley	-	-	-										0	0
=17	Russell Woodfield	-	-	-										0	0
=17	Trevor Murgatroyd	-	-	-										0	0
Turnout %		68.42 %	66.67 %	52.63 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00 %		
Division 2														Events	Total
1	Richard Fawthrop	14	17	18										3	49
2	Diane Waite	15	13	16										3	44
3	Granville Hall	18	10	13										3	41
4	Chris Gooder	17	16	-										2	33
=5	Alan Lashbrook	13	14	-										2	27
=5	Linda Murgatroyd	10	0	17										3	27
=7	Gemma Bradley	8	18	-										2	26
=7	Paul Wallis	-	11	15										2	26
9	Tony McManus	9	15	-										2	24
10	Clive Aylott	16	-	-										1	16
11	Mick Blaylock	-	-	14										1	14
=12	Jacqueline Northern	12	-	-										1	12
=12	Craig Manderson	-	12	-										1	12
14	Elizabeth Redfern	11	-	-										1	11
=15	Alan Gibson	-	-	-										0	0
=15	Ellie May	-	-	-										0	0
=15	Mary Cowling	-	-	-										0	0
=15	Stephen Newill	-	-	-										0	0
Turnout %		61.11 %	55.56 %	33.33 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00 %		

Pos	Stainland Grand Prix 2006	Jan	Feb	Mar	Apr	May	Jul	Jul	Aug	Sep	Oct	Nov	Dec	Events Completed	Points Total
		Club Winter H/Cap (15th)	Huddesfield 10k (26th)	Dent (11th)	Meanwood Trail (8th)	Sandal Castle (21st)	Joe Percy 10k	Idle Trail Race (16th)	Norland Moor Trail (27th)	Ron Hill 67th Birthday 5K (21st)	Harewood Trail (8th)	Guy Fawkes (5th)	The Stoop		
	Division 3													Events	Total
1	Angela Fawthrop	13	14	18										3	45
2	Jonathan Taylor	15	13	14										3	42
3	Lorraine Naylor	18	18	-										2	36
4	Leslie Henderson	17	9	9										3	35
5	Phil Stapley	11	12	10										3	33
=6	Cathy Mellor	9	10	13										3	32
=6	Sue Manning	-	16	16										2	32
8	Sue Siddall	12	-	15										2	27
9	Eileen Hiller	8	-	17										2	25
10	Melanie Rainford	7	17	-										2	24
11	Carol Lord	14	8	-										2	22
=12	Teresa Hall	10	11	-										2	21
=12	Joanne Kitcher	6	15	-										2	21
14	Judith Greenwood	16	-	-										1	16
15	Karen Hirst	-	-	12										1	12
16	Grenville Turner	-	-	11										1	11
=17	Eric Greenwood	-	-	-										0	0
=17	Nigel Higgins	-	-	-										0	0
	Turnout %	72.22 %	61.11 %	55.56 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00 %		
	Division 4													Events	Total
1	Penny Fleming	9	10	8										3	27
=2	Julia Newsome	10	8	7										3	25
=2	Liz Smithies	7	9	9										3	25
4	Pat Pitts	5	-	10										2	15
5	Alison Adams	8	-	5										2	13
6	Helen Learoyd	4	-	6										2	10
7	Avril Smith	3	-	4										2	7
8	Pippa Fletcher	6	-	-										1	6
=9	Karen Newill	-	-	-										0	0
=9	Linda Williamson	-	-	-										0	0
	Turnout %	80.00 %	30.00 %	70.00 %	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00 %		



Dates for your diary

	DATE	EVENT	CONTACT DETAILS
	23/4/06	London marathon	
Social	28/4/06	Night out—Huddersfield (Head of Steam)	See Chris (Social Secretary)
	30/4/06	Rothwell 10k	Www.rothwellharriers.org.uk
	30/4/06	Calderdale Duathlon	Roger Northrop Www.calderdaletriclub.co.uk
	1/5/06	Cragg Vale Fete Fell Race 4 miles	Clare Wood (886544)
Social	4/5/06	Monthly club night	Committee Members
	7/5/06	Bluebell Trial	Club captains or website
	14/5/06	Mytholmroyd Fell Race 7 miles	Club captains
Social	14/5/06	Bacon Butty 10 mile run (Longdendale Reservoir)	Club captains or website
GP	21/5/06	Sandal Castle 10k	See website link
	23/5/06	Stanhill Fell Race 5 mile	See Club Captains
Social	2/6/06	Abba tribute night—Ritz Brighouse	See Chris (Social Secretary)
Social	10-11/6/06	Weekend trip to Gateshead	See Chris (Social Secretary)
	11/6/06	The Thirsk 10 Mile	Thirskandsowerbyharriers.co.uk
Social	17/6/06	Pub Relay and barbecue	See Chris (Social Secretary)
Social	6/7/06	Summer Handicap & barbecue	Club Captains
	9/7/06	Kilburn Feast 7 mile	See Maggie for entry form
Social	15/7/06	Trip to York Race Course	See Chris (Social Secretary)
GP	16/7/06	Idle Trail Race	See website link
	22/7/06	Yorkshire Wolds Half Marathon	See Maggie for entry form
GP	27/8/06	Norland Moor Trail	See website link
GP	21/9/06	Ron Hill 67th Birthday 5k	See website link
GP	8/10/06	Harewood Trail	See website link
GP	5/11/06	Guy Fawkes 10	See website link

Hand Out - Instructions For Marshals

Please be at Heath **between 8:00am and 8:30am** on Sunday to sign in/collect Bibs, Tape, Signs etc and receive any last minute instructions.

It is important that we are all in position before the front runners reach us so allow plenty of time for you, to get to your position. Especially, if you are on part of the course that needs to be accessed on foot/bike or you may have traffic to drive through. What is most important is that we all make the course very obvious to the runners. **The Runners will be focused on the race and not where they are going.**

Runners Retiring

If any runners decide to retire from the race then they will have been briefed at the start to report to a marshal. Please keep them with you and then bring them back to Heath, after the sweeper runners have dismissed you. **Therefore, please could you make sure that you have some spare places in your cars or arrange for them to be picked up.**

Medical Treatment / Injuries

If any runners are injured please assess the extent of the injury. If medical treatment is necessary then phone Alan Gibson Race Director, who will liaise with St. John Ambulance. As there is a limit to the cover they provide it is important that we don't tie them up when it is not necessary. Most sprains, strains, cuts, bumps and bruises can be brought back to Heath for treatment as above.

When to Leave

There will be two sweeper runners following the field on the course namely **David Waite** and **Clive Siddall**; they will be removing any debris dropped by runners, which they may hand to you, please bring it back to Heath. The sweeper runners will also deal with and escort any retirees or injured to a marshal, please deal with these as above. Do not leave your position until they have dismissed you unless there is an emergency.

Environmental Bit

Please ensure that all signs, tape, rubbish etc that we are responsible for is removed from the course and bring it back to Heath. If you wish to pick up other bits of rubbish and do your bit for the environment please feel free to do so. There will be some bin liners to collect from Heath on the day.

The Weather / Food

Dress appropriately for the conditions. You may be out there for several hours and we don't want any casualties amongst ourselves. Take something to eat and drink or suck on.

Marking of the Course

The people designated to tape off each section must collect a roll of red and white striped barrier tape. Marshal points are placed on the course where there is a change of direction and/or a hazard. Longer stretches of the course will be taped out by certain individuals who have been designated to do so. They will not necessarily be there to remove it afterwards so please liaise with each other to ensure we remove all tape, even if it means walking sections between marshal points. Please place any caution signs so that they are visible, they do not need to be twenty foot up a lamp post or fastened down, but should be secure. The course is also marked with red marking sprayed onto the ground at most changes of direction and continuous sections between marshal points. Some of these have now started to fade and some have been moved so don't assume anything.

You should know the course or at least familiarise yourself with the section that you are assigned too.

There will be a detailed map of each section available upon request if you have any doubts as to your proposed position. **Ask yourself would you know which way to go if you were running.**

Communication

Please bring a mobile phone with you or a whistle. It is necessary for you to know the mobile telephone numbers of **Alan Gibson Race Director** and **Diane Waite Chief Marshal**. It would be helpful if you could provide your mobile number; this will be added to the marshal's list, which will be held by **Diane Waite** on the day. **You may also wish to inform the marshal's located before or after you on the course of your number**, this will enable you to liaise with each other in case of an emergency and/or to inform the next marshal when the front runners have passed you.

Bibs

Please make sure that you wear the hi-visibility marshal bibs/t-shirts even if it is very warm (**all roadside personnel must wear the yellow plastic bibs provided**). It is necessary and forms part of our risk assessment and permit being granted. Please return them intact as it costs the club to buy them.

Doubling Up

Some marshals are being asked to double up on locations; there should be more than enough time to move to the second point assigned, however, if you are delayed in any way please contact Diane. Any other marshals that have been dismissed and can get to another point further round the course would be greatly appreciated.

Water Stations

There are two water stations on the course: Top of Trooper Lane and Church Lane at Southowram. **If you have any queries whatsoever please do not hesitate to contact Alan or Diane.**

Key



Confirmation from the Person still required

Position	Location	Marshal	Instructions
Adrian and Another to tape off this section			
1	Start line	Adrian Pitts/Another	Assemble runners to start line at foot of stepped garden in park.
2	Clay House Drive	Alan Gibson	Stop vehicles coming up drive into park. Arrange Cones with the Police. Tape off run round park. Tape off path to hole in wall.
3	Hole in Wall	Diane Waite	Position outside park exit. Tape off slope up to path in to North Dean and to gate.
	Gateway to North Dean Woods		Ensure gate is open.
David & Clive to tape off this section			
4	Left turn in woods off old railway line	Pippa Fletcher	Tape off low tree hanging over route between 4 & 5
5	Gap in wall in woods at top of slope	Steve Knight	Tape off branch overhanging route between 5 and 5a
	Straight ahead at top of small slope		Tape off path from left
6	Fork in path	Helen Kettle	Place direction arrows along path to 7
7	Right fork at Rock down to Green Lagoon	Gary Kettle	Place direction arrows along path to 8 and Tape off route to Green Lagoon.
8	Green Lagoon	Richard Fawthorpe	Tape off route
	Back Copley Church		Tape off route from Green Lagoon round back of church.
9	Copley Bar Bridge	Douglas Moody	At gap in wall exit to woods by church. Douglas, then to follow through as a sweeper runner.
10	Copley Lane	Dave May (Ellie's Man)	Place CAUTION RUNNERS signs on bridge before entry to canal and near turning circle in Copley. Tell runners to keep to left under bridge.
11	Corner of Copley Lane under Rail Bridge	Lesley Henderson	Keep runners on left hand side under bridge and to canal entry.
12	Left onto Canal Tow Path	Ian Henderson	Be aware of public on foot and bike using the tow path. Place CAUTION RUNNERS sign on tow path.

Gene, and 2 Others to tape this Section

13	Canal Locks Salterhebble	Gene Gray	Position opposite side of lock from direction of approach. NO crossing of lock gates the bridge must be used. Place CAUTION RUNNERS sign on gate outside canal basin. Tape off bridge.
14	Tunnel start of Hebble Trail	Another	Be aware of public on foot and bike entering the tow path from main road. Ensure tunnel is not obstructed. Tape off path adjoining from behind right at far side of tunnel. Place Caution RUNNERS sign on entrance to tow path.
15	Crossing Bottoms on Hebble Trail	Another	Be aware of traffic approaching from both sides.
16	Hebble Trail	Another	Tape off route at top of where little steps used to be in front of gate, at straight ahead to send runners left, bottom steps and opposite at end of straight ahead, between fence panels to send route up steps to Phoebe Lane.
17	Phoebe Lane exit off Hebble Trail	Pete Smith	Be aware of traffic approaching in both directions. Place CAUTION RUNNERS sign at top of Phoebe Lane.

Geoff & Penny tape off this section

18	Top of Snicket on Shaw Lane off Phoebe Lane	Geoff Matthews	Tape bottom of snicket. Place CAUTION RUNNERS sign on Shaw Lane before junction with Phoebe Lane.
19	Top Cobbled Hill at the back of Paris Gates Pub	Billy Fleming	Place CAUTION RUNNERS sign at junction of Shaw Lane and Boys Lane.
20	Whitegate Road with Boys Lane on corner at start of bridge	Penny Fleming	Be aware of traffic on Boys Lane and across bridge along Whitegate Road.
21	Whitegate Road end of bridge back onto Hebble Trail	Diane Rafferty	Be aware of traffic coming down Whitegate Road. Check Hebble Trail is free of obstruction. Tape off section where the path has collapsed.
22	End Hebble Trail at top of steps onto Water Lane	Rob Lush	Be aware of public using pavement. Direct runners along pavement to crossing point. Check Hebble Trail is free of obstruction. Tape route under building.

23	Crossing Siddal New Road Near side	Police Another	Crossing point only to be used. Place CAUTION RUNNERS sign on Water Lane near Nestle Entrance and on Siddal New Road.
24	Crossing Siddal New Road Far side	Police Another	Crossing point only to be used. Place CAUTION RUNNERS sign on Balley Hall Road before Jubilee Street.
25	Trooper Lane Second Bend	Brian Coates	Be aware of traffic
26	Trooper Lane Start Cobbles	Mick Blaylock	Be aware of traffic
27	Top Trooper Lane	Colin Hughes & Family	Water Station. Collect all rubbish.
28	Crossing Beacon Hill Road	Police Another	Place CAUTION RUNNERS sign either side of crossing point.

Steve and Helen to tape off this section

29	Near side Beacon Hill	Steve Turner	Stand at bottom end of narrow pathway onto Beacon Hill. Tape off path on right at top of lane next to gate with private on it.
	Middle Beacon Hill		Place direction arrows on path.
30	Far side Beacon Hill	Helen Turner	Stand at large rock at end of path over Beacon Hill. Tape off paths leading down back towards Halifax.

Another x2 to tape off this section

31	Top Barrowclough Lane end Long Lane	Simon Hogan	
32	Barrowclough Lane at No Through Road Sign	Another	Tape off Marsh Delves Lane to right opposite the no through road sign.
	Top of Hollow Way		Tape off top of Hollow Way for several metres to direct route away from house entrance. Place direction arrow at top. Tape off path on left just before Hollow Way.

Big Phil to tape off this section

33	Bottom of Hollow Way and Norcliffe Lane	Big Phil	Place VERY SLIPPY warning signs before slippy section of Hollow Way. Tape sides of this section.
34	Left Turn off Norcliffe Lane next to Barn Conversion	Teresa Hall	Tape off path with wall on left bushes on right that leads left off bend on rocky lane
35	Left Hand Bend on track		Tape off lane that leads straight up.

Another & Naomi's husband to tape off this section

36	Sunny Bank Lane & Water Clough Lane on Bend	Rob Sharratt, Naomi(s) Husband	Be aware of traffic approaching on all three lanes.
37	Link Path off Water Clough Lane	Caroline English	Tape stile at bottom of field. Tape stiles at bottom and top of woods. Place direction arrows across fields.
	Old Gateway in middle of Fields		Tape gateway in middle of fields.
38	Gate at farm	Steve Knight	Runners to use stile, gate not to be held open.

Another to tape off this section

39	Church Lane, Southowram	Gary Cowling & Jack	Water Station. Collect all rubbish. Place arrow sign at end of farm track directing runners left.
40	Right turn off Church Lane	Charlotte Rayner	Place CAUTION RUNNERS sign either side of crossing point. Place direction arrow at path junctions pointing down the cobbled track on Calderdale Way.
41	Start Calderdale Way	Julia Newsome	Tape entrance to narrow path between fence and hedgerow at top of field section. Place direction arrows up the field.
42	Bottom of School Lane	Lucy Hodgson	Place direction arrow on stile.

Trevor & the Boys to tape off this section

43	Ashday Lane	Trevor Murgatroyd	Be aware of traffic approaching from both directions.
44	Gate by Cricket Club	Trevor & Linda' Boys	
	Turn off Track just after Pylon		Tape off track on right just after pylon. Tape off path that goes up and into woods off bend of main track.
45	Mud Hole in Woods	Alan Lashbrook	Tape off route through middle and to right of mud hole. This is to ensure that runners don't widen the pathway by skirting round and destroying the Blue Bells.
	Second Mud Hole		Tape off route through middle along main pathway. See Above. Tape off side paths through woods. Tape off bottom path to direct route round top side of holy bush. Place direction arrows through woods.
46	Top Plains Lane end of woods path	Lesley Henderson	Tape off route directing runners down Plains Lane

47	Bottom Plains Lane	Ian Henderson	Be aware of traffic.
48	Crossing Park Road Near Side	Police Steve Newill	Place CAUTION RUNNERS signs either side of crossing point.
49	Crossing Park Road Far Side	Police Karen Newill	Advise runners to keep to left hand side of road under rail bridge.
50	Turn onto Canal at Elland Bridge	Dave (Ellie's Man)	Make sure it is obvious to turn right along canal bank.

Eric to tape off this section

51	Canal side River Crossing	Eric Greenwood Ed Greenwood	Check water levels do not exceed 0.5m. Tape off entrance to crossing and any low branches.
52	Heath side River Crossing	Helen Kettle Gary Kettle Marilyn Greenwood	Check water levels do not exceed 0.5m. Tape off exit from crossing and any low branches.
53	Finish Line	Adrian Pitts Linda Murgatroyd Mary Cowling	Tape off finishing route and funnel. Keep runners in single file until times are entered.

Marshal	Mobile No.	1 st Point	2 nd Point	Car Parking
Adrian Pitts		1	53	
Alison Farrar		Pre-Registered	Results	
Alan Gibson	07903743382	2	Race Director	
Diane Waite		3	Chief Marshal	
Pippa Fletcher		4		
Steve Knight		5	38	
Helen Kettle		6	52	
Gary Kettle		7	52	
Richard Fawthorpe		8	Goody Bags	
Douglas Moody		9		Sweeper Runner
David May		10	50	
Lesley Henderson		11	46	
Ian Henderson		12	47	
Gene Gray		13		
Another		14		
Another		15		
Another		16		
Pete Smith		17		
Geoff Matthews		18		Chief Car Parking Marshal
Billy		19		
Penny		20		
Diane Rafferty		21		
Rob Lush		22		
Police		23		
Police		24		
Brian Coates		25		
Mick Blaylock		26		
Colin, Christine Hughes & Family		27	Water Station	
Police		28		
Steve Turner		29		
Helen Turner		30		
Simon Hogan		31		
Another		32		
Big Phil		33		
Teresa Hall		34		
Another		35		
Rob Sharratt		36		
Caroline English		37		
Gary & Jack Cowling		39	Water Station	
Charlotte Rayner		40		
Julia Newsome		41		
Lucy Hodgson		42		
Trevor Murgatroyd		43		
Trevor's Boys		44		
Alan Lashbrook		45		
Police		48		
Steve Newill				
Police		49		
Karen Newill				
Eric Greenwood Ed Greenwood		50	River Crossing	

Helen Kettle Gary Kettle Marilyn Greenwood		52		Car Parking
Mary Cowling Linda Murgatroyd		53	Race Referee Entries on the Day	Car Parking Car Parking
Alison Farrar Carol Lord		Entries on the day Entries on the day	Results Goody Bags	
Maggie Blaylock		Results		
Adrian Pitts		Timekeeper		
Richard Fawthorpe x Children	07974 133224		Goody Bags	
David Waite Clive Siddall Douglas Moody		Sweeping- Up Sweeping- Up		
Helen Learoyd Avril Smith		Catering while the race is in progress		
Eileen Hiller		Liason with Heath	Open Heath 8:00am	Car Parking
Walter Hodgson				Car Parking

Role	Location	Person
Race Referee	Clay House Park/Start Heath Rugby Club/Finish	Mary Cowling
Chief Marshal	Clay House Park/Start Heath Rugby Club/Finish	Diane Waite
Entries on Day	Heath Rugby Club	Linda Murgatroyd Carol Lord Alison Farrar
Results	Heath Rugby Club	Alison Farrar Maggie Blaylock
Time Keeper	Clay House Park/Start Heath Rugby Club/Finish	Adrian Pitts
Finish Line	Heath Rugby Club	Adrian Pitts Another
Goody Bags /Water	Heath Rugby Club	Richard Fawthorpe Carol Lord and Family Goody Marlyns Mother Goody Bags
Refreshments Non Runners	Heath Rugby Club	Avril Smith Helen Leyroyd
Sweeper Runners	Course	David Waite Clive Siddall
Liason	Heath	Eileen Hiller